

ENTENMANN'S GREAT SOUTH BAY RUN

SATURDAY, OCTOBER 1, 2011

The 2011 Entenmann's Great South Bay Run, sponsored by Orograin Bakeries Inc. & Southside Hospital a member of the North Shore LIJ –Health System is one of the most exceptional road races on Long Island; a 5K (3.1 miles), 10K (6.2 miles) and Half Marathon on scenic, flat and fast course. All courses are TAC Certified. The race will incorporate the latest timing system technology. Runners will use the Chrono Track Timing System. When they cross the finish line, their exact time will be recorded.

The three races begin and end at the Town of Islip's Bay Shore Marina and are run through the streets of Bay Shore and Brightwaters. Scenic highlights of the course include the stately residential homes on the Pentaquit Peninsula, Brightwaters' beautiful Cascade Lakes and Brightwaters' canal area, plus a panoramic view of Fire Island and the Great South Bay from the Bay Shore Marina. **Strollers, bicycles, baby joggers, rollerblades and all other similar devices are not permitted in this race.**

Starting times for all races, 5K, 10K, and Half Marathon, is 8:30 am. All participants are encouraged to arrive at the Bay Shore Marina before 7:30 am to avoid a traffic jam at the marina entrance.

The pre-registration fee for the 5K, 10K, and Half Marathon is \$20.00. (\$25.00 day of race)
You must declare your race.

Applications must be received by September 23, 2011.
NO REFUNDS WILL BE ISSUED AFTER SEPTEMBER 23, 2011.

SPONSORS



Phil Nolan, Supervisor
Steven J. Flotteron · John H. Edwards
Gene Parrington · Trish Bergin Weichbrodt
Regina V. Duffy, Town Clerk · Virginia E. Allen, Receiver of Taxes

Greg Dawson,
Commissioner of Parks, Recreation & Cultural Affairs

www.townofislip-ny.gov



Application (please print)

NAME: _____ AGE: _____ SEX: _____
(ON RACE DAY)

STREET NAME: _____

CITY & STATE: _____ ZIP: _____

HOME PHONE: _____ CELL PHONE: _____

RACE: (must declare your race) 5K 10K 1/2 M WHEELCHAIR WALKERS (restricted to 5K & 10K only)

T-SHIRT SIZE: (circle one) Small Medium Large Extra Large

ESTIMATED TIME: _____ Please check box if you ran in 2010 ☐

MAKE CHECKS PAYABLE TO THE : TOWN OF ISLIP

MAIL TO: Brookwood Hall, 50 Irish Lane, East Islip NY 11730, Attention: Sports Office

WAIVER: In consideration of the acceptance of my entry, I do hereby, for myself, my heirs, executors, and administrators, waive, release, forever discharge any and all rights and claims for damages which may hereafter accrue to me while traveling to and from or participating in the Entenmann's Great South Bay Run, against the Town of Islip, Bay Shore Chamber of Commerce, Great South Bay YMCA, Southside Hospital a member of the North Shore LIJ –Health System, Orograin Bakeries Products Inc., the County of Suffolk, the Village of Brightwaters, and the State of New York, and their respective officers, agents, representatives, or successors along with any sponsors, supporters and volunteers of said event, as a result of my participation in said run. I also give permission for the free use of my name, picture or likeness in any account for the promotion of this race. I hereby attest and verify that I have full knowledge of the risks involved in participating in this event and that I am physically fit and sufficiently trained to participant for the completion of this event and that my physical condition has been verified by a licensed medical doctor. I have read the above statement, I understand it, and my signature confirms its full acceptance.

DATE: _____ SIGNATURE: _____

SIGNATURE OF PARENT/GUARDIAN (if participant is under 18 years) _____